

The Senior Bulletin has a Full Listing of All Programs, Classes, Events and Trips Offered by the Elmwood & West Hartford Senior Centers and is issued bi-monthly. A Complimentary Issue will be Mailed to You by Request or Visit a Senior Center Office.

ELMWOOD SENIOR CENTER

1106 New Britain Avenue, West Hartford, CT 06110
860-561-8180 FAX: 860-561-8187

WEST HARTFORD SENIOR CENTER

15 Starkel Road, West Hartford, CT 06117
860-561-7583 FAX: 860-561-7506



Like us on Facebook!

Follow us on Twitter!



Live life to the fullest! Now is the time to join in on all of the wonderful opportunities available to you at the Senior Centers. Stimulate your mind, body and soul with one of our many program offerings and special events.

From dances and dining, to trips and travel, to exercise programs and a

variety of classes, there is something for every interest. ADULTS OF ALL AGES AND ABILITIES ARE WELCOME TO PARTICIPATE but members, aged 55 and older, receive discounts and a bimonthly bulletin mailed to their homes.

The annual membership fee is \$10.00 for residents and \$30.00 for nonresidents aged 55 or older. Memberships follow the calendar year with renewals beginning in December for the upcoming year. Please send the completed application below, a check payable to the Town of West Hartford for \$10/\$30, and a self-addressed, stamped envelope to a Senior Center of your choice. Membership entitles you to participation at BOTH facilities. Make the most of your leisure time. Be active. Get involved. Meet friends old and new...the "**BENEFITS ARE ENDLESS!**"

ELMWOOD SENIOR CENTER AND WEST HARTFORD SENIOR CENTER MEMBERSHIP APPLICATION

NAME _____ EMAIL _____

ADDRESS _____

TOWN _____ ZIP CODE _____ BIRTH DATE _____

PHONE _____ CELL PHONE _____ WORK PHONE _____

PERSON TO BE CONTACTED IN CASE OF EMERGENCY:

NAME _____ PHONE _____ RELATIONSHIP _____

TO JOIN SENIOR CENTERS 2017 RESIDENT: \$10.00 NONRESIDENT: \$30.00

Mail to: Elmwood Senior Center, 1106 New Britain Avenue, West Hartford, CT 06110

or West Hartford Senior Center, 15 Starkel Road, West Hartford, CT 06117

(Please Make Checks Payable to Town of West Hartford)

ELMWOOD SENIOR CENTER

Monday

9:00 am Weight Training
9:00 am Billiards/Total Body Fitness Video
10:00 am Weight Training /Brain Games
10:00 am Taperize II
11:00 am Taperize I
11:30 am Pickleball
12:00 pm Senior Cafe
1:00 pm Set Back I /Write Away
1:30 pm Mexican Train
2:00 pm Aquacize @ Avery
5:00 pm Barre Fitness / 6:00 pm Pilates

Tuesday

9:00 am Arthritis Exercise/Billiards
9:15 am Interval Training
10:00 am Wii Bowling
10:30 am Pickleball / 12:00 pm Senior Café
12:30 pm Basketball/Qigong/Table Tennis
1:00 pm Arthritis Water Exercise @ Avery
1:30 pm Regents
2:00 pm Water Walking @ Avery
3:00 pm Bridge

Wednesday

9:00 am Weight Training
9:00 am Billiards/Total Body Fit Vid/Piano w/Jane
9:30 am Blood Pressure/Barbershoppers
10:00 am Weight Training/Mahjongg
10:30 am Pickleball/10:45 am Go For Life Video
11:00 am Zumba Gold/Table Tennis
12:00 pm Senior Café/12:45 pm Poker, Drop in
1:00 pm Bingo/12:30 Opera Adventures
2:00 pm Aquacize @ Avery
6:00 pm Pilates
Crocheters alternate weekly between 10am & 3pm

Thursday

9:00 am Billiards/9:15 am Interval Training
10:00 am Wii Bowling
10:30 am Italian – Intermediate/Pickleball
11:30 am Italian – Beginner/12:00 pm Senior Cafe
12:30 pm Chess—Intermediate
1:00 pm Drop in Bridge/Set Back II/Golf
1:00 pm Arthritis Water Class @ Avery
2:00 pm Water Walking @ Avery
6:00 pm Zumba Lovers

Friday

9:00 am Weight Training
9:00 am Total Body Fitness Video/Billiards
9:30 am Tai Chi - Intermediate
10:00 am Wii Bowling/Karaoke/Yoga
10:00 am Squires/Circuit Cardio
10:30 am Tai Chi – Beginner/11:30 am Ballroom
11:30 am Pickleball/ 12:00 pm Senior Cafe
12:30 pm Table Tennis/ 12:45 pm Poker
1:00 pm Movies & Munchies
1:00 pm Dancing to “Elmwood Jive 5”
1:30 pm Adult Swim

WEST HARTFORD SENIOR CENTER

Monday

8:45 am Energy Hour
9:30 am Bridge Drop-In/Mahjongg
10:00 am Contemporary Issues/Yoga
10:30 am Tai Chi – Beg.
11:30 am Tai Chi - Intermediate
12:30 pm Setback/Mahjongg/12:45 pm Chicago Bridge
1:00 pm Mahjongg Lesson
1:00 pm India - The Land of Wonders
3:00 pm Chair Yoga
4:00 pm Yoga
6:15 pm Zumba Drop-In

Tuesday

9:30 am Duplicate Bridge
11:15 am Ageless Grace
12:45/1:30/2:15 pm Strength & Fitness
1:00 pm Marvin's Art Class
1:00 pm Dominos/Scrabble/Pinochle/Mahjongg
1:00 pm Bridge Lessons

Wednesday

8:45 am Energy Hour
10:00 am Line Dance
12:15 pm Mahjongg
1:00 pm Lively Minds
1:00 pm Shanghai/Scrabble
2:15 pm Chair Yoga
3:15 pm Meditation
7:00 pm Zumba Drop-In

Thursday

8:30 am Tai Chi -Advanced
9:00 am Wii Bowling
9:00 am Blood Pressure Screening
9:30 am Tai Chi –Beginner
9:30 am Hebrew
11:00 am Spanish – Conversational
11:00 am Yiddish
11:15 am Ballroom Dance – Beginner
12:00 pm Ballroom Dance–Advanced
12:30 pm Mahjongg
12:45/1:30/2:15 pm Strength & Fitness
1:00 pm Movie/ Dancing to Hi-Tones
5:00 pm Yoga
6:15 pm Zumba Drop-In

Friday

8:45 am Energy Hour
9:00 am Knitting Social Group
10:00 am Country & Western Dance
10:00 am French - Conversational
10:00 am Cribbage
12:30 pm Mahjongg/Setback/Poker
12:30 pm Sharpen Your Mind-Brain Fitness
1:00 pm Bingo
2:00 pm Opera

Saturday

8:30 am Zumba Drop-In
10:00 am Yoga

Call either Senior Center for Updated Information and Activities/Trip Additions since printing of this Program Guide, or visit our website: https://www.WestHartfordCT.gov/departments/leisure/senior_centers/default.asp

2017 SENIOR CENTER TRIPS

“DESTINATION FUN”! Two simple words summarize the happiness that is felt by travelers aboard the “ELMWOOD EXPRESS,” the 24-passenger, handicapped accessible bus that has its home base at Elmwood Senior Center and serves both the Elmwood and West Hartford Senior Centers. Participants may register at EITHER facility for ALL trips, regardless of the departure location, and may request door-to-door transportation if driving to a Senior Center is not possible. (Please note that this service is NOT offered for charter or casino trips.) Passengers should arrive 15 minutes before designated departure and park at the lower lot by the gazebo at Elmwood Senior Center, or in front of the West Hartford Senior Center. A designated “Trip Leader” oversees all travel.



Please note that refunds are issued for trip cancellations ONLY if staff are able to find a replacement from a wait list. Please note trip departure location.

DAY	DATE*	TRIP	DEPARTS FROM
Monday	March 20	Wine's Great Places at CCSU (New Britain, CT)	ESC
Wednesday	March 22	"My Way" – Frank Sinatra Tribute, Ivoryton Playhouse (Ivoryton, CT)	ESC
Sunday	March 26	Diary of Anne Frank, Thomaston Opera House (Thomaston, CT)	ESC
Wednesday	March 29	"Young at Heart," Norwich Spa (Norwich, CT)	WHSC
Sunday	April 2	American String Quartet with D. Westfall, Westminster Presbyterian	ESC
Tuesday	April 4	Deal of a Meal, Chips Restaurant (Wethersfield, CT)	ESC
Saturday	April 8	La Traviata, Met Opera House (New York, NY) CHARTER	WHSC
Tuesday	April 11	Sinatra at 101, CCSU (New Britain, CT)	ESC
Tuesday	April 25	Chihuly, NY Botanical Gardens (New York, NY) CHARTER	ESC
Wednesday	April 26	"Thoroughly Modern Millie," Goodspeed Opera (E. Haddam, CT)	ESC
Tue/Thurs.	May 2-4	Lifestyles of the Rich & Famous (Hamptons, NY) CHARTER	ESC
Tuesday	May 2	Matisse in the Studio at Boston's Museum of Modern Art, CHARTER	WHSC

DAY	DATE*	TRIP	DEPARTS FROM
Sunday	May 7	Follies, Warner Theatre (Waterbury, CT)	ESC
Monday	May 15	Glenn Miller at Aqua Turf (Plantsville, CT)	ESC
Wed/Tues	May 17-30	Spain, Portugal, CHARTER	WHSC
Tuesday	May 23	Brookdale Celebrates CT Screen Stars Series: Happy Birthday Ms. Hepburn	ESC
Saturday	June 3	"The King & I," Bushnell (Hartford, CT)	ESC
Tuesday	June 13	Florence Griswold Museum (Old Lyme, CT)	ESC
Wednesday	June 21	Tall Ships (Boston, MA) CHARTER	WHSC
Thursday	June 22	Consignment Trip to Wallingford, CT	ESC
Friday	June 23	Cross Sound Ferry Lighthouse Tour (New London, CT)	ESC
Tuesday	June 27	Newport Playhouse (Newport, CT)	WHSC
Thursday	July 20	Boston Redsox vs. Toronto Bluejays (Boston, MA) CHARTER	WHSC
Wednesday	August 2	"Oklahoma," Goodspeed Opera (E. Haddam, CT)	ESC
Sunday	August 6	White Sox vs Red Sox (Boston, MA) CHARTER	WHSC
Saturday	August 12	Red Sox vs New York Yankees (New York, NY) CHARTER	WHSC
Wednesday	August 16	Consignment Trip to Clinton, CT	ESC
Thursday	August 17	"Who Loves You, Frankie Valle," Aqua Turf (Plantsville, CT)	ESC
Sunday	August 20	"Darling Grenadine," Goodspeed Opera House (E. Haddam, CT)	ESC
Tues/Thurs.	Sept. 5-7	Martha's Vineyard, CHARTER	ESC
Tuesday	September 12	Welcome to Motown, Aqua Turf (Plantsville, CT)	ESC
Tuesday	September 19	Elvis at Grand Oak Villa (Oakville, CT)	ESC
Sunday	October 1	"Hello Dolly" on Broadway (New York, NY) CHARTER	WHSC
Thursday	October 5	"Annie Get Your Gun," Westchester Dinner Theatre (Westchester, NY) CHARTER	ESC
Tuesday	October 17	Polka at the Aqua Turf (Plantsville, CT)	ESC
Sunday	October 22	Neil Diamond, Log Cabin (Holyoke, MA)	ESC
Wednesday	November 1	"Rags", Goodspeed Opera House (E. Haddam, CT)	ESC
Sunday	December 3	"It's a Wonderful Life," Thomaston Opera House (Thomaston, CT)	ESC

**Perspective dates are subject to change. Please contact the corresponding Senior Center for trip registration dates, details and trips added after publication date.*

Games People Play



Monte Carlo Whist
Pickleball
Pinochle
Poker
Scrabble
Set-Back
Shanghai
Table Tennis
Wii Bowling

Basketball
Billiards
Bingo
Bridge
Canasta
Chess
Cribbage
Dominoes
Mah Jongg
Mexican Train
Indoor Golf (seasonal)



HEALTH, WELLNESS & SUPPORT PROGRAMS & SERVICES

The Senior Centers provide various programs to improve the health and well being of older adults. The following is a sampling of programs offered. For specific information, please call either ESC or WHSC.

AARP Smart Drive
Classes
Bereavement Support
Blood Pressure Clinic
Complimentary Coffee
Foot Care
Hearing Screening
Income Tax Assistance
Lifeline Screening
Medicare Counseling
Senior Community
Cafe
Caregivers' Support



*Elmwood Senior Center and
West Hartford/Bloomfield Health District
Present "Our 14th Annual"*

Health & Wellness Fair

Thursday, April 20, 2017

9:00 a.m. - 12:00 noon

Screenings include:

*Blood Pressure, Cholesterol, Diabetes, Hearing, Height, Mood and Memory,
Nutrition, Urinalysis, Vision and Weight*

FREE Reiki, Manicures, Neck and Hand Massages

Don't Miss Our Specialty Boutique on the 2nd Floor

Refreshments provided by

Elmwood Senior Center

1106 New Britain Avenue, West Hartford, CT 06110 860-561-8180

The West Hartford Senior Center and State Senator Beth Bye invite you to attend

20th Annual

WEST HARTFORD SENIOR DAY

Wednesday, May 17, 2017

9:30 AM to 12:30 PM

Complimentary Continental Breakfast courtesy of Brookdale Senior Living

45 Vendors of Senior Services including home health agencies, retirement communities, specialty services and much more.

10 Prevention Health Screenings at Fellowship Meeting Hall,
Sponsored by West Hartford/Bloomfield Health District.

Screenings may include: balance, cholesterol, mood & memory, blood pressure, urinalysis, dental, vision & hearing, diabetes, nutrition, senior safety.

Complimentary Chair Massage & Reiki

No appointment necessary.

15 Starkel Road, West Hartford CT 06117 • For more information, please call (860) 561-7583

**Two West Hartford
Locations!**

**Recipient of the Governor's
Physical Fitness Award**

Elmwood Senior Center

1106 New Britain Ave
Monday-Friday 7:00A - 6:30P
Saturday 9:00A - 1:00P

West Hartford Senior Center

15 Starkel Road
Monday-Thursday 8:00A - 6:30P
Friday 8:00A - 4:30P
Saturday 8:00A - 12:00P



The Step Up to Health Fitness Centers offer individualized and medically based exercise programs for older adults. Equipment is designed to enhance cardiovascular endurance and muscular strength and to help reduce the risk of injury.

Fitness Center membership offered to senior center members ONLY!

Equipment included in our Centers:

bikes, treadmills, stepper, elliptical, upper body ergometer, dumbbells, recumbent cross trainer and a line of Nautilus® strength training equipment.

\$150/individual
for 1 year

\$90/individual
for 6 months

\$60/individual
for 3 months

**For more information, Call the Elmwood Senior Center: 860-561-8180
or West Hartford Senior Center: 860-561-7583**

Fitness Centers made possible by a grant from the Hartford Foundation for Public Giving.

West Hartford Senior Center
presents
**29th Annual West Hartford
Senior Picnic
Town Hall Auditorium
Wednesday, July 19, 2017
12:00 pm**

Our Annual Senior Picnic will feature traditional favorites grilled by West Hartford Police Officers.

We will enjoy Hebrew National Hot Dogs, Hamburgers, potato salad, coleslaw and dessert.

Our entertainment for the afternoon is the popular Elderly Brothers featuring T-Bone and Brian Gilley.

Tickets are limited to 200 and will be on a first come, first serve basis.

Cost: \$5 Members \$6 Nonmembers

FREE PARKING

Co-Sponsor:

West Hartford Police Officers Association
For more information please call 860-561-7583

***Bishops Corner
Meeting &
Conference Center***

15 Starkel Road, West Hartford
(869) 561-7582

Available for Rentals!

PERFECT FOR:

*Anniversary Parties, Birthday Parties,
Baby Showers, Bar/Bat Mitzvahs,
Weddings, Company Gatherings,
Power Point Presentations,
Lectures, Business Meetings,
Classes/Workshops & Dances*

**Rooms can accomodate
up to 150 people.**

**REASONABLE RATES RANGING FROM
\$35 TO \$95 PER HOUR.**



First Company Governor's Foot Guard Concert

Presented by Elmwood Senior Center

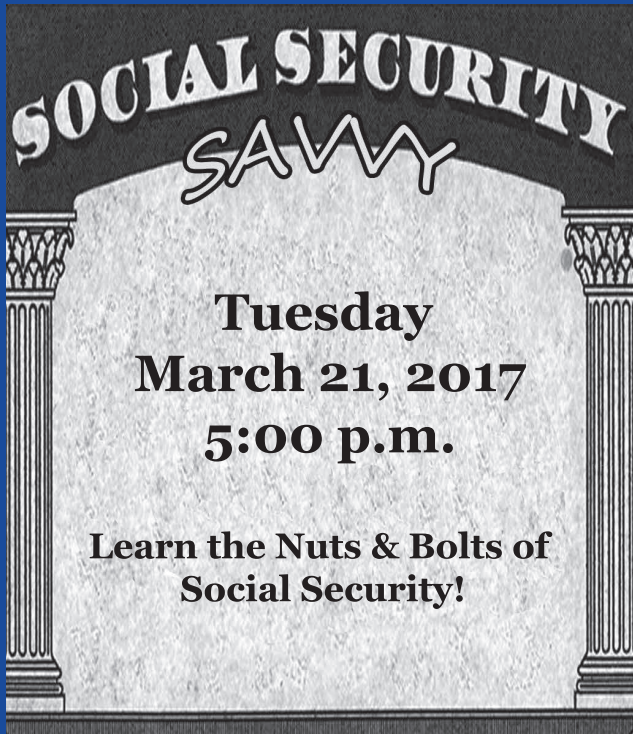
Wednesday, June 14

Presentation: 7 - 8pm • Refreshments: 6:30 - 7pm



The First Company Governor's Foot Guard, led by Major Commandant Mark Boudreau, was formed in 1771 and is the oldest military unit in continuous service in the United States. The First Company's Band, led by Musical Director and Bandmaster Captain David Carlson, was formed in 1904. The 1st Co. GFG has had the prestigious honor of escorting European royalty, foreign dignitaries, and thirteen U.S. presidents, from George Washington to John F. Kennedy. The traditional Grenadier uniform worn today by the 1st Co. GFG is virtually unchanged from the Company's original colonial uniform adopted in the late 1700s.

West Hartford Senior Center



**Tuesday
March 21, 2017
5:00 p.m.**

**Learn the Nuts & Bolts of
Social Security!**

Robert Rodriguez, Public Affairs Specialist for the Social Security Administration will educate you on Social Security programs, clarify common misconceptions and address questions.

You will also learn how to create & register for your very own my SSA Account!

Topics for Discussion Include:

- When should I retire?
- Can I work and collect benefits?
- Will it be there for my children or me?
 - How does my spouse qualify?
 - What if I become disabled?
- Can my ex-spouse collect on my record?
 - What can I do Online?

This educational workshop will cover these questions and much more! Come learn about the most successful domestic program and financial lifeline the American Public has enjoyed for the past 78 years.

NEW TO MEDICARE?

**Monday
March 27, 2017
5:30 p.m.**

- Turning 65?
- Just moved to Connecticut?
- Dropping Employer or Retiree Health Insurance?
- Under 65 but on SS Disability?

If any of these situations apply to you or a loved one, find out how to enroll in Medicare and how to fill the payment gaps Medicare leaves with Medicare Supplements or Advantage Plans. All you need to know... made easy to understand.

Hear from, and speak to, a Medicare Expert, Robert Charnas, in this free community forum about available Medicare Plans. Learn the differences between Medicare Supplements, Part D Prescription Drug Plans, and all-in-one Medicare Advantage plans, and which would be the best for you. The State of Connecticut "Extra Help" Medicare Savings program will also be discussed.



**Programs are free, however pre-registration is required, please call (860) 561-7583
15 Starkel Road, West Hartford CT 06117**